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CONFERENCE



Welcome & Opening Remarks



**Radha Muthiah,
President & CEO,
Capital Area Food Bank**

Welcome & Opening Remarks



**Ellen Granberg, Ph.D.,
President,
The George Washington University**

Welcome & Opening Remarks



**Collette Coleman, Ed.D.,
Vice President and Dean of Students,
The George Washington University**

Sponsor Remarks



Matt Rogers, Ph.D,
Chief Growth Officer, Aramark Collegiate
Hospitality
Chair Elect – Board of Directors, Food
Bank of Central & Eastern North Carolina

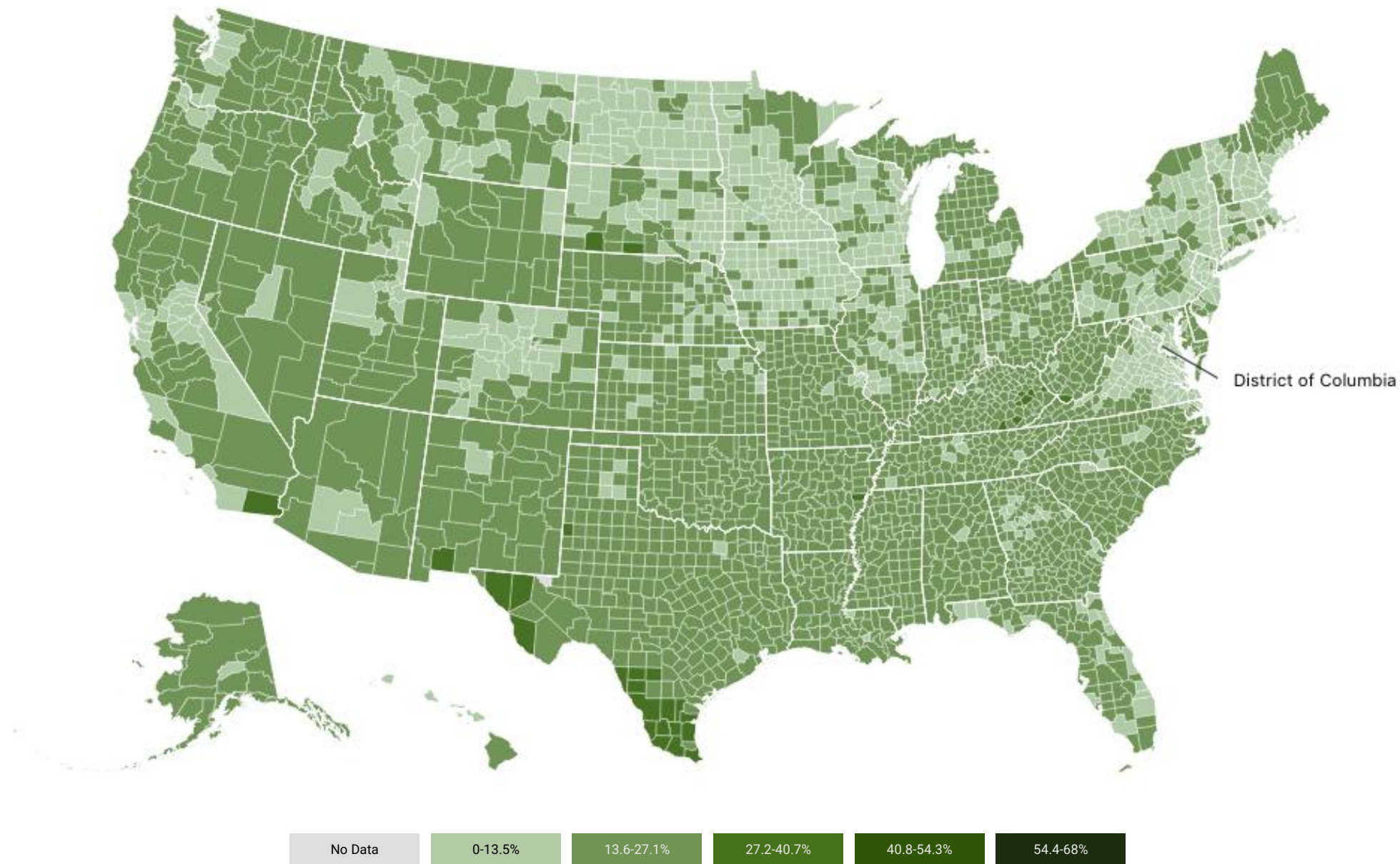


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Creating Access, Building Success

Aramark's Approach to Food Insecurity

Food Insecurity Rates



SOURCE: Feeding America



Aramark's Support

135+

community & on-campus
food pantries contributed to

32

campuses accepting SNAP
benefits

267K

pounds of food donated

\$1.4M

in scholarships

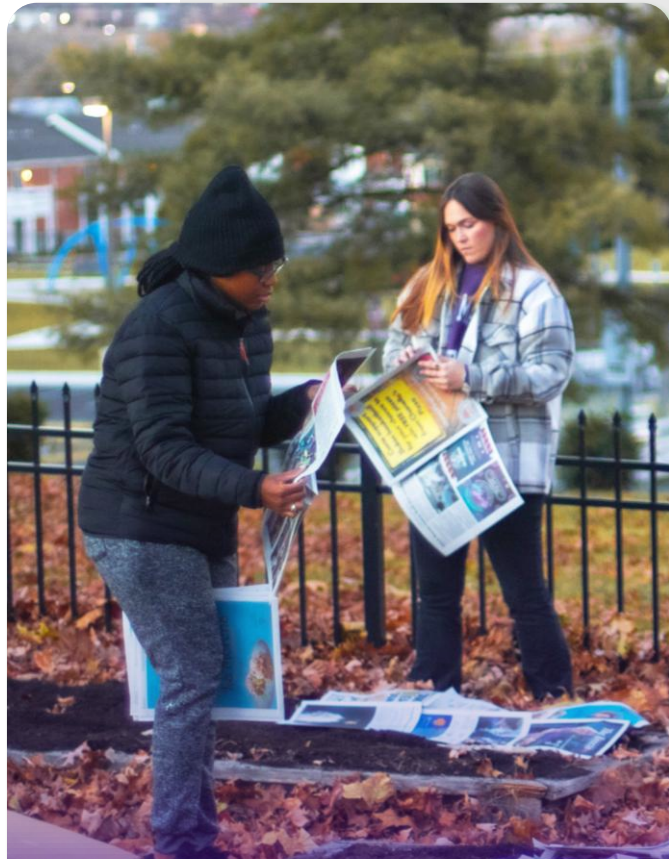
\$482K

donated

75K

meal swipes collected





Kelley Street Garden
EDUCATION + CONNECTION



VCU

Ram City Market
COMMUNITY ACCESS



**UNIVERSITY OF
South Carolina**

Feed the Flock + Garnet Bites
DIVERTING FOOD WASTE

Student Spotlight



**Amanda Kenneth Moraes,
Student,
The Catholic University of America**

Understanding the Scale and Cost of Food Insecurity on Campus



**Dr. Rashida Crutchfield, MSW, EdD,
Executive Director,
The Center for Equitable Higher
Education (CEHE)**

Regional Leadership Panel



MODERATOR

Steven V. Roberts,
J.B. and M.C. Shapiro
Professor of Media and
Public Affairs, George
Washington University;
Columnist, Tv & Radio
Analyst, Best-Selling Author



**Jermaine F.
Williams, Ed.D.,**
President,
Montgomery
College



**Greogory
Washington,**
President,
George Mason
University



Maggie Moran,
Senior Manager,
Strategic Planning
& Business
Operations,
Amazon University
Talent Acquisition



Regional Landscape of Campus Food Security

Sabrina Tadele, MPA
Deputy Chief, Strategic Initiatives,
Capital Area Food Bank



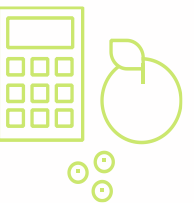
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Evolution of the College Food Security Landscape

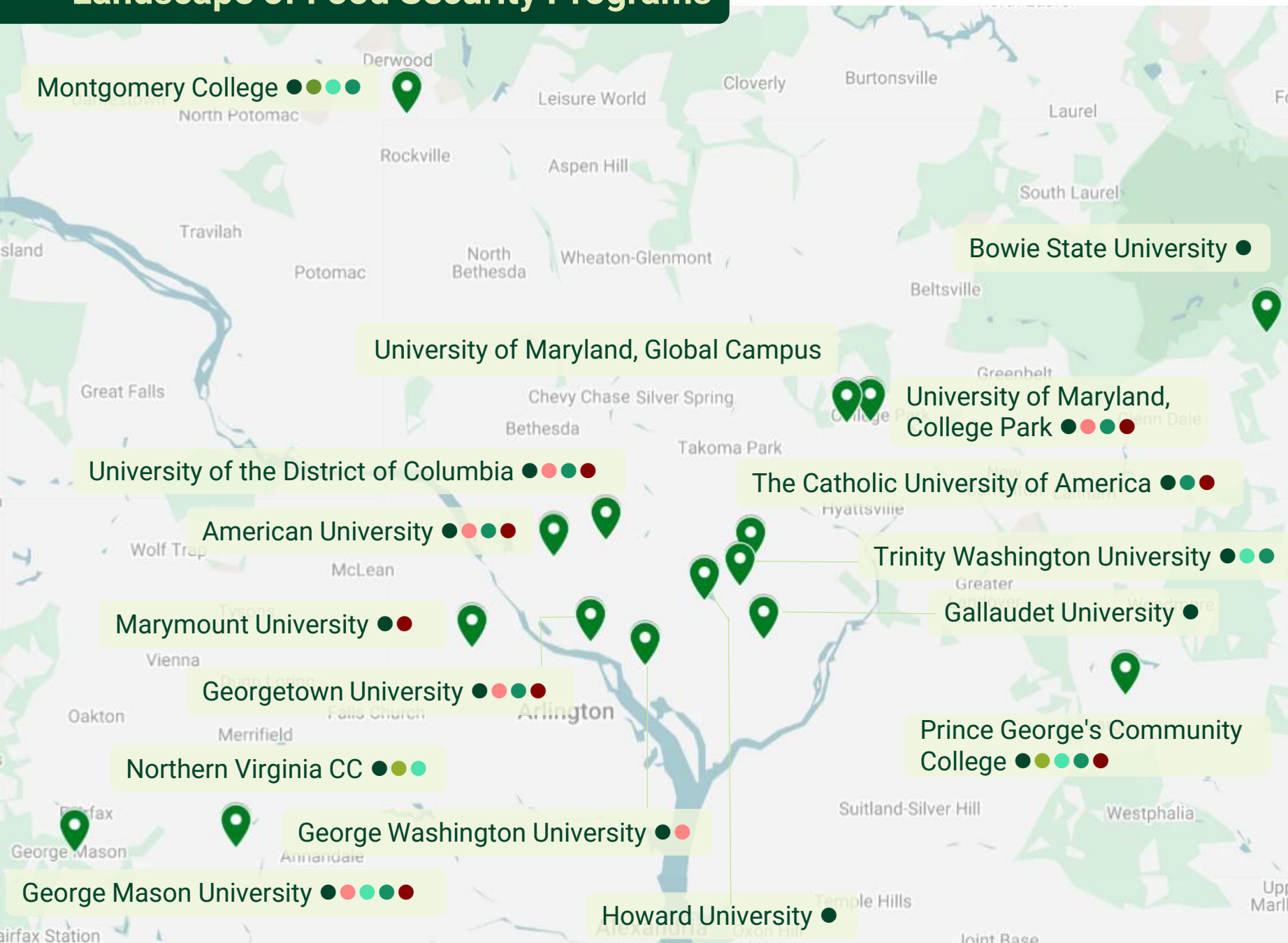
Insights from Trends, 2023-2026

Agenda

- I. Shifts in Programmatic Strategy
- II. Growth in Budgets for Food Security Programs
- III. Barriers and Opportunities to Scale Impact
- IV. Estimates of Level of Reach
- V. Recommendations for the Next 3 Years



Landscape of Food Security Programs



KEY:

- = Food Pantry (15)
- = Nutrition Education (8)
- = Gardening (8)
- = Dining Credits (5)
- = Grocery Store Gift Cards (5)
- = Free Grocery Pickups (3)

Insights:

Universal presence of food pantries

Nutrition education and gardening are common supplements

Prepared meals and support with grocery shopping are also popular

Institutions	Gardening	Food Pantry	Nutrition Education	Gift Cards	Free Grocery Distributions	Dining Credits	Home Delivery	Other
American University	X	X	X			X		
Bowie State University		X						
Gallaudet University		X						
George Mason University	X	X	X	X		X		
Georgetown University	X	X	X			X		
Howard University		X						
Marymount University	X	X						
Montgomery College		X	X	X	X			
Northern Virginia Community College		X		X	X			
Prince George's Community College	X	X	X	X	X			
Catholic University of America	X	X	X					
George Washington University		X				X		
UDC - Van Ness	X	X						
Trinity Washington University		X	X	X				Emergency Grants
University of Maryland, CP	X	X	X			X		
University of Maryland, GC								National Basic Needs Directory
TOTAL	8	15	8	5	3	5	0	
CHANGE from 2023	+14%	+8%	0%	0%	-25%	-29%	-100%	

Insights:

8%↑ in food pantry.

14%↑ in gardening.

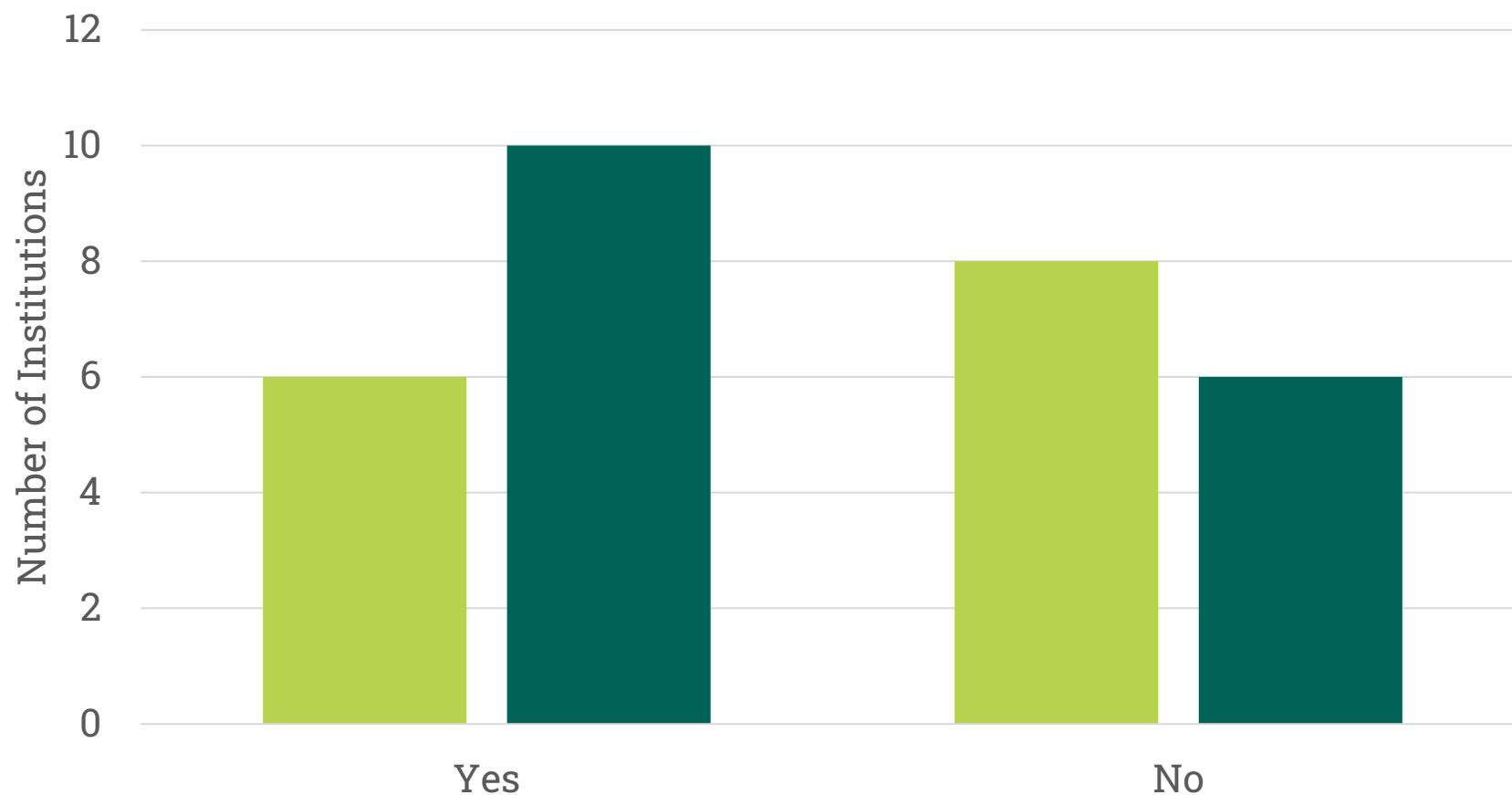
Sustained investment in gift cards and nutrition education.

Decreases in grocery pickups, dining credits, and home delivery reflect de-prioritization of administratively burdensome programming.

Helping Students Access Benefits

Reported Support for SNAP or other Government Benefits Enrollment

■ 2023 ■ 2026



Insights:

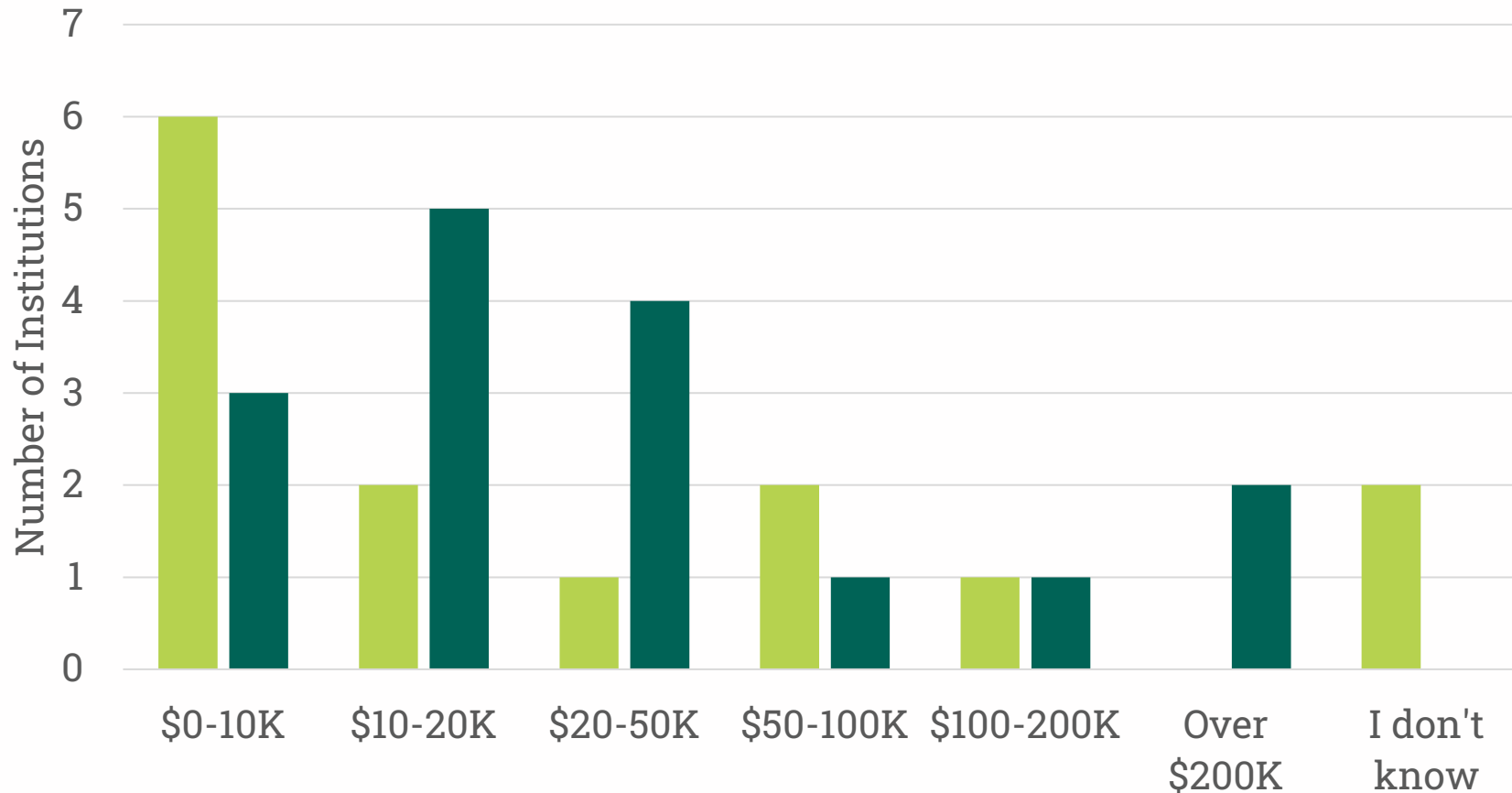
Increase in the number of institutions supporting student enrollment.

SNAP enrollment support has increased, while TANF and WIC support decreased or remained the same.

Annual Budgets for Food Access Programs

Reported Approximate Annual Operating Budget
for Food Security Programming

■ 2023 ■ 2026



Insights:

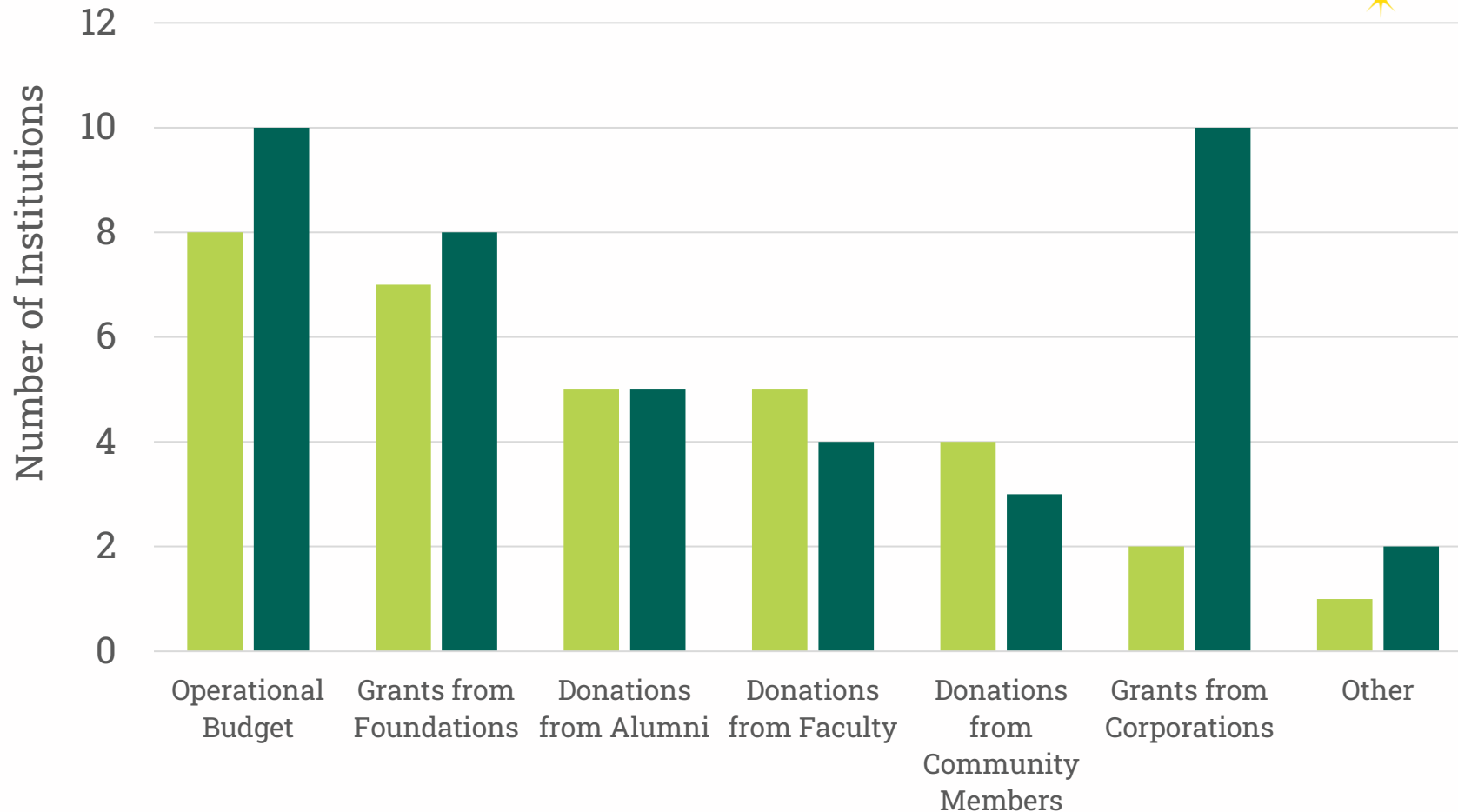
The median operational budget for food access programs **doubled in the last three years** – from \$0-10K to \$10K-20K.

19% of respondents have **six-figure budgets** for food access programs

Main Sources of Funding

Reported Funding Sources

■ 2023 ■ 2026



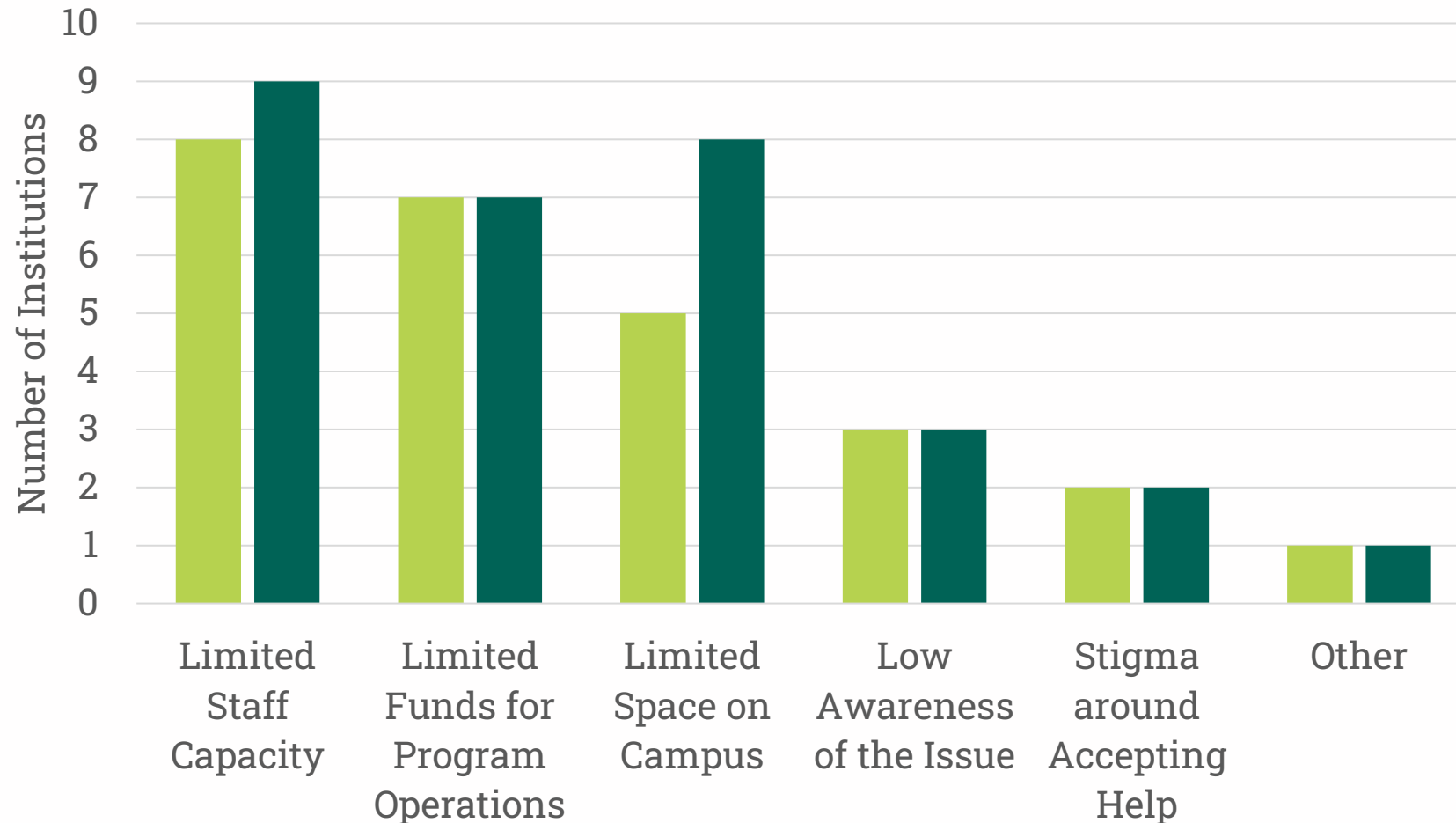
Insights:

Growth in funding is largely the result of **philanthropic efforts** and modest growth in institutional funding

Barriers to Scaling

Reported Barriers to Scale

■ 2023 ■ 2026



Insights:

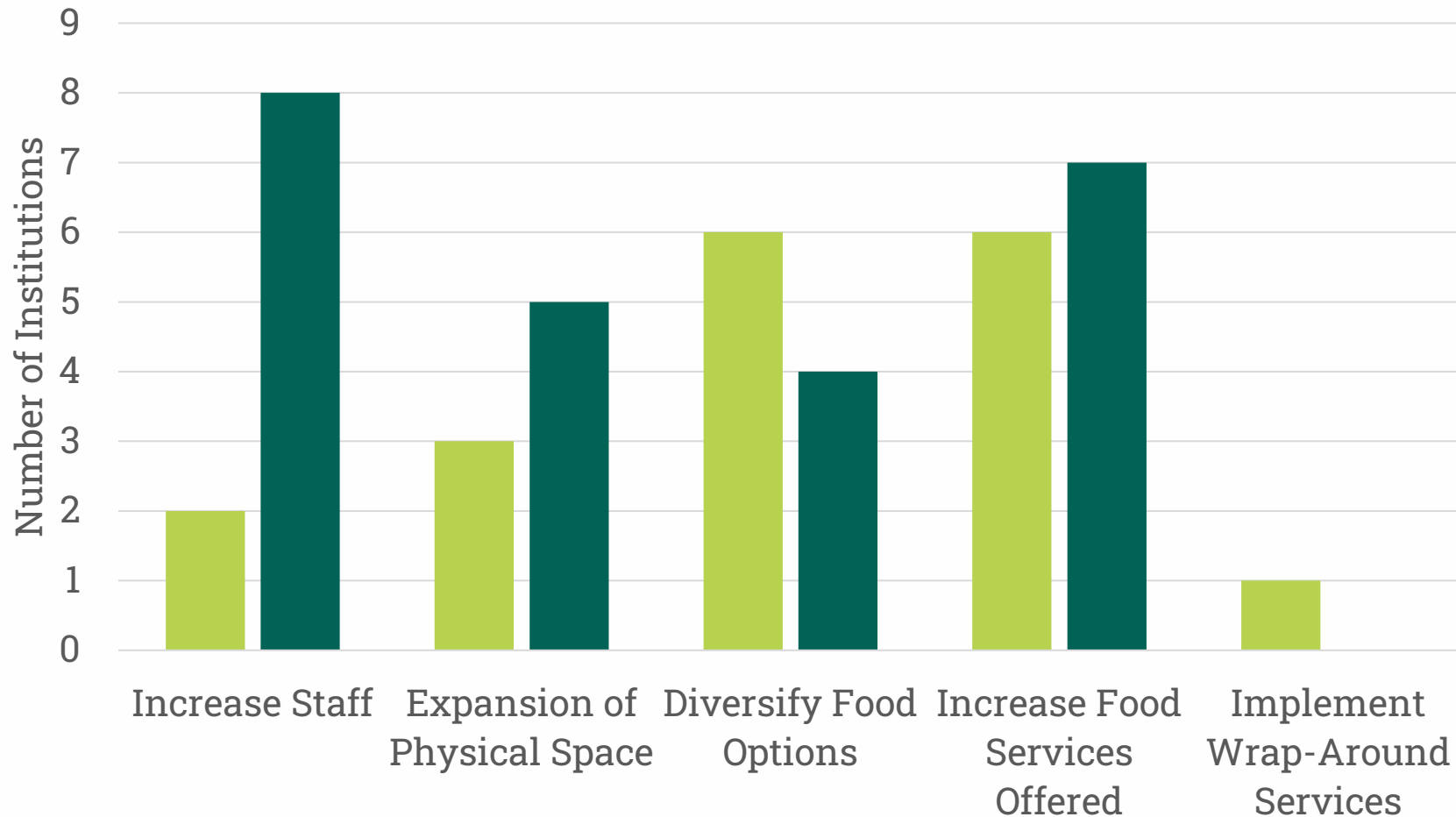
Limited staff capacity remains the predominant barrier to scaling.

Identifying physical space for operations is a common barrier, causing staff to seek out abandoned spaces to repurpose on their own.

How Teams Would Spend Additional Funds

Priorities for Scaling

■ 2023 ■ 2026



Insights:

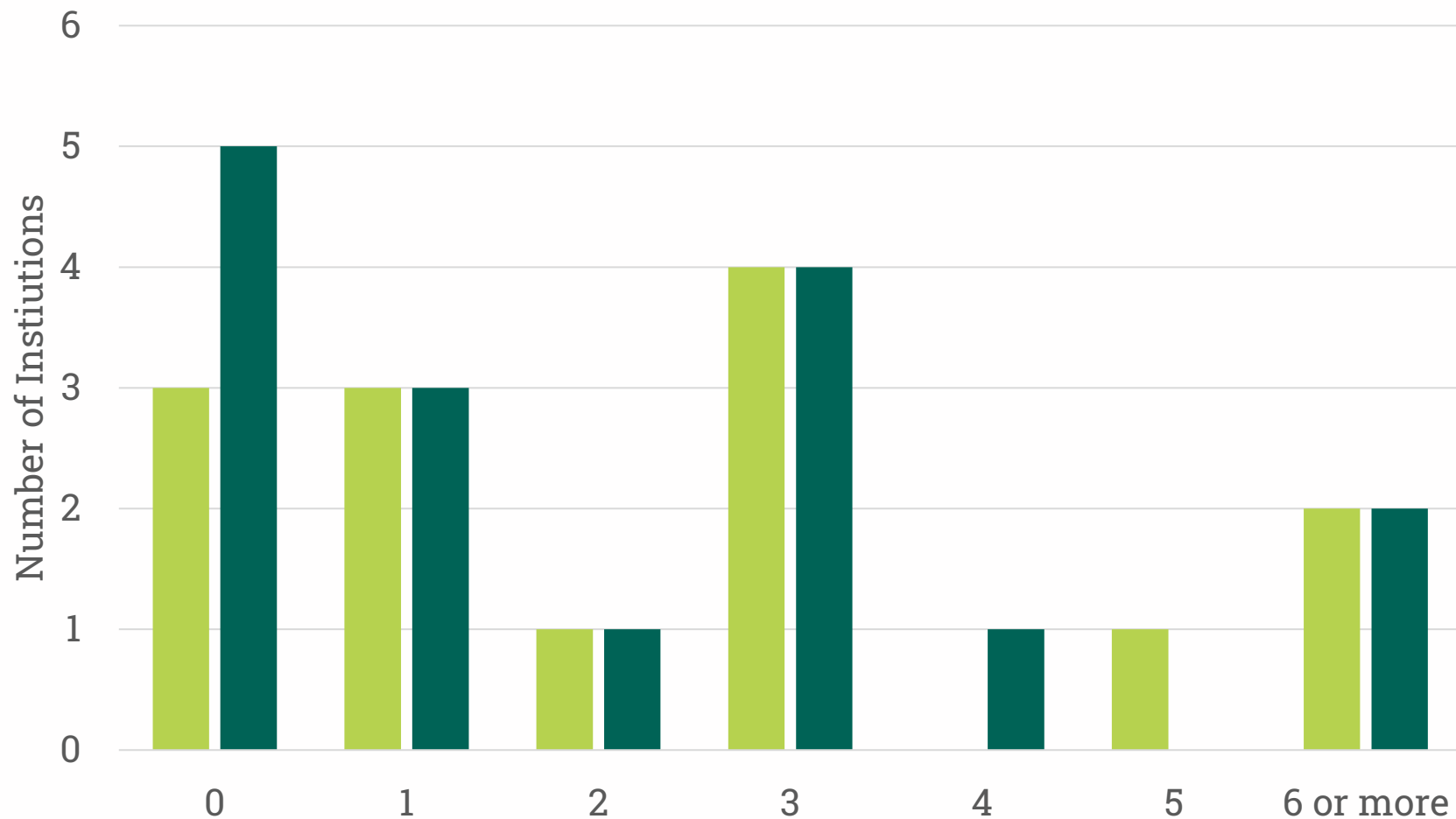
Staffing is the fastest growing need from institutions.

Respondents expressed an **increased interest in providing gift cards** to students.

Staff

Reported Number of Dedicated Staff

■ 2023 ■ 2026



Insights:

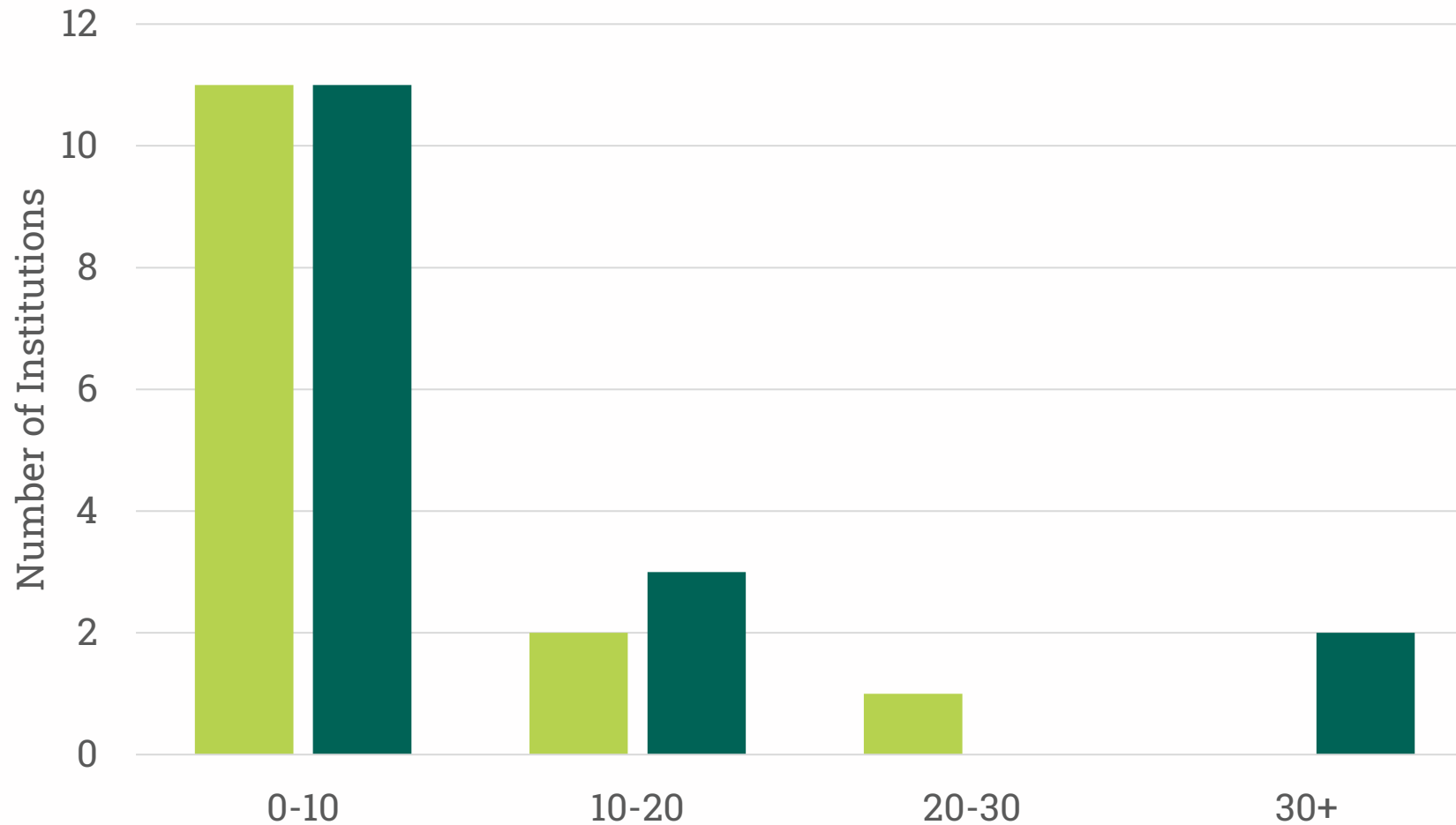
31% of respondents have **zero staff** dedicated to food access programs.

The **lack of dedicated staff is a persistent challenge**, especially as needs increase on campus.

Volunteers

Reported Number of Volunteers Needed

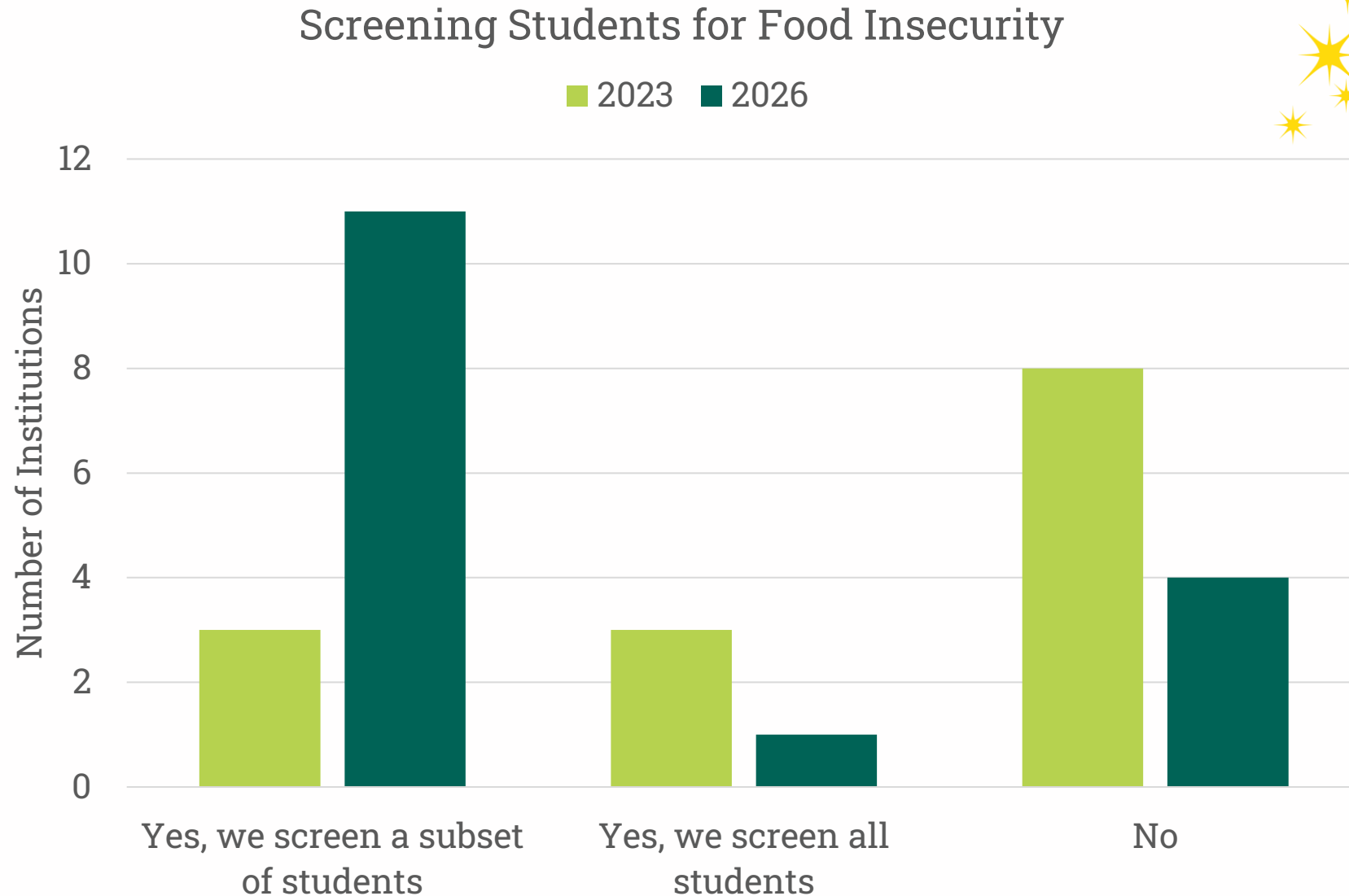
2023 2026



Insights:

The vast majority of institutions only have 0-10 volunteers, indicating staffing is a potential issue.

Screening for Food Security



Insights:

Nearly **four-fold growth** in the number of institutions who are measuring food security.

It can be theorized that **improvements in data collection** has yielded **improvements in funding**.

Estimates of Reach

Institution	% Pell Eligible ¹	% Food Insecure ²	# Students served ³	Level of Reach ⁴
Institution A	14%	≤ 20%	470	43%
Institution B	45%	Unknown	1,092	47%
Institution C	21%	Unknown	372	58%
Institution D	61%	25%	119	22%
Institution E	31%	35%	850	10%
Institution F	11%	Unknown	915	114%
Institution G	17%	33%	950	34%
Institution H	42%	5%	3,600	88%
Institution I	28%	15%	6	1%
Institution J	30%	48%	1,200	30%
Institution K	34%	Unknown	1,084	10%
Institution L	42%	40%	200	6%
Institution M	62%	25%	78	9%
Institution N	38%	20%	350	30%
Institution O	20%	24%	9,908	167%
Institution P	31%	51%	104	2%
Total/Average	33% average	28% average	1,331 average	42% average

Insights:

Food insecurity prevalence estimates range from **5% to 51%**

Average level of reach to food insecure students is **42%**

Sources:

¹ NCES 2023-2024 (% Pell Undergrad)

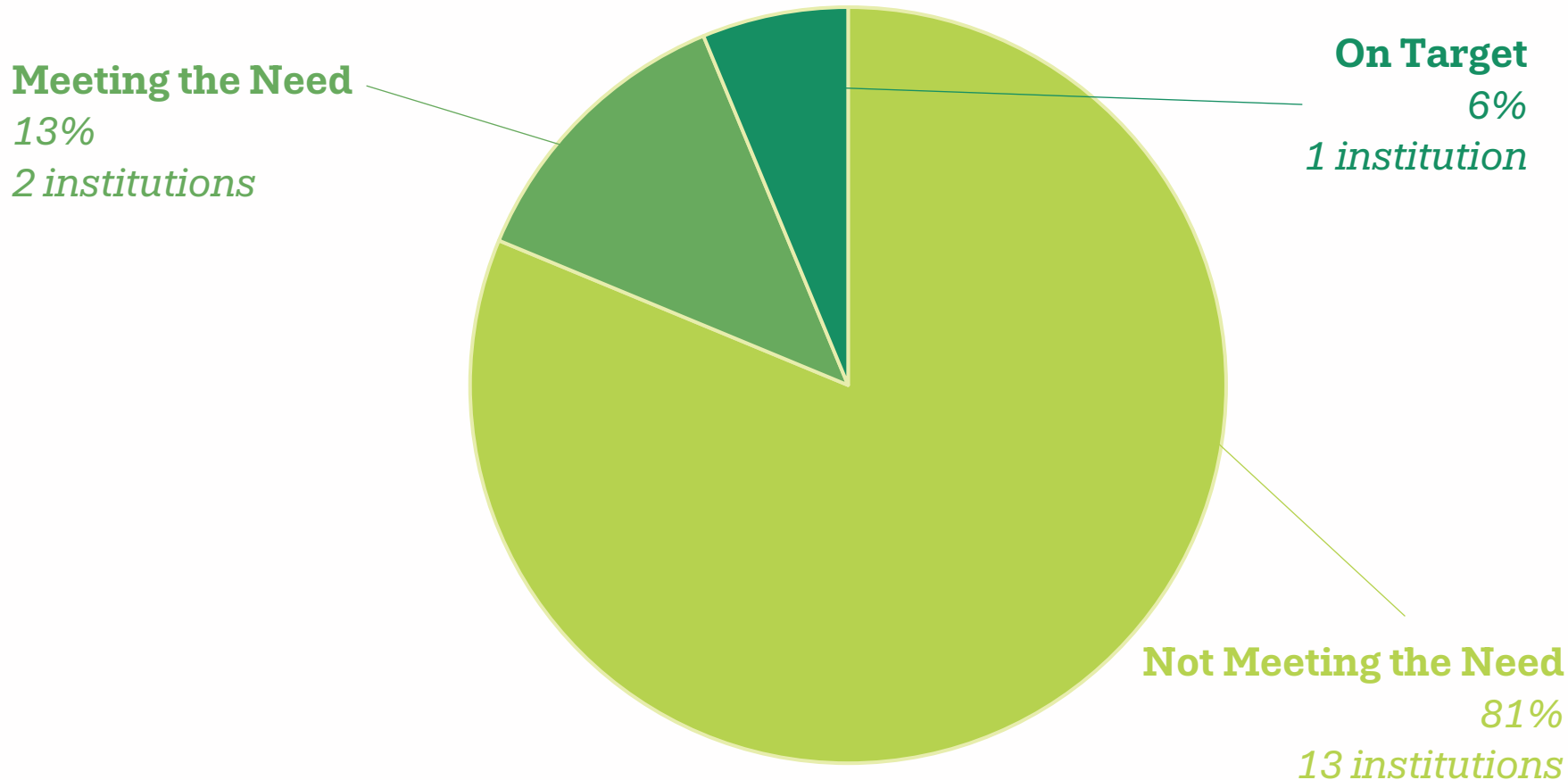
² Self-reported via CAFB Survey

³ Self-reported via CAFB Survey

⁴ Calculation (# of Students served / # of Pell-eligible students)

Estimates of Reach

Estimate of Reach Among Academic Institutions in the DMV Region



Insights:

Only 19% of the network is either meeting the need or is on target to meet the need on their campuses.

Majority of the network is not meeting the need on their campuses

Gaps in campus data collection efforts could explain reach estimates.

Key:

Meeting the need = 100% reached
On Target = 70-99% reached
Not Meeting = 0-69% reached



Recommendations for 2026-29

- ✎ Prioritize measurement (quantitative and qualitative) to understand the problem
- Leverage data to advocate internally and externally for investments in staff capacity and space
- ▮ Strategic planning for funding and food procurement opportunities
- 🔑 Develop a network of knowledge sharing beyond the conference



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Thank you!

Email: stadele@capitalareafoodbank.org

Student Spotlight



Asad Y. Sharpe,
Student, Prince George's Community
College, Class of 2026

The background of the slide is a repeating pattern of light green line-art icons on a white background. The icons include various food items like apples, oranges, and plates, as well as school-related items like pencils, rulers, and calculators. A solid green vertical bar is positioned on the left side of the slide.

Community Advocacy & Voice

Learning from Organizations Addressing College Food
Insecurity on a National Scale

Lessons from the Field: Why Community Voice Matters & How to Activate It



Gabby Headrick, PhD, MSPH, RDN
Assistant Professor,
Brown University School of
Public Health



Priya Fielding-Singh, PhD
Director of Policy and Programs,
Global Food Institute at
The George Washington University



Designing *With*, Not *For*

Using human-centered design to address student hunger

Gabby Headrick, PhD, MSPH, RDN
Priya Fielding-Singh, PhD

Global Food Institute

THE GEORGE WASHINGTON UNIVERSITY

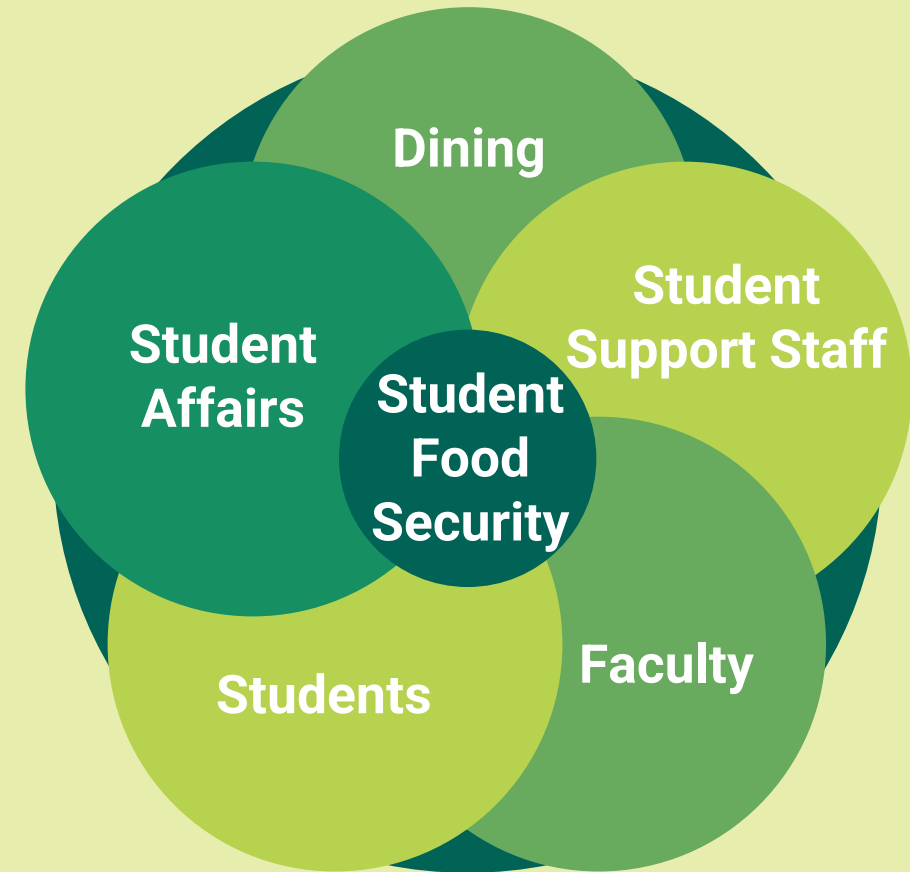
Who's in the room today?

Addressing Student Hunger Through Partnerships

Sharing Knowledge: Lived experience and systems expertise

Identifying Resources: Financial, space, food, and time

Building Capacity: Improved reach, sustainability, and impact





DESIGNING WITH, NOT FOR

A Human-Centered Design Workshop
Toolkit *for* Food Systems Practitioners

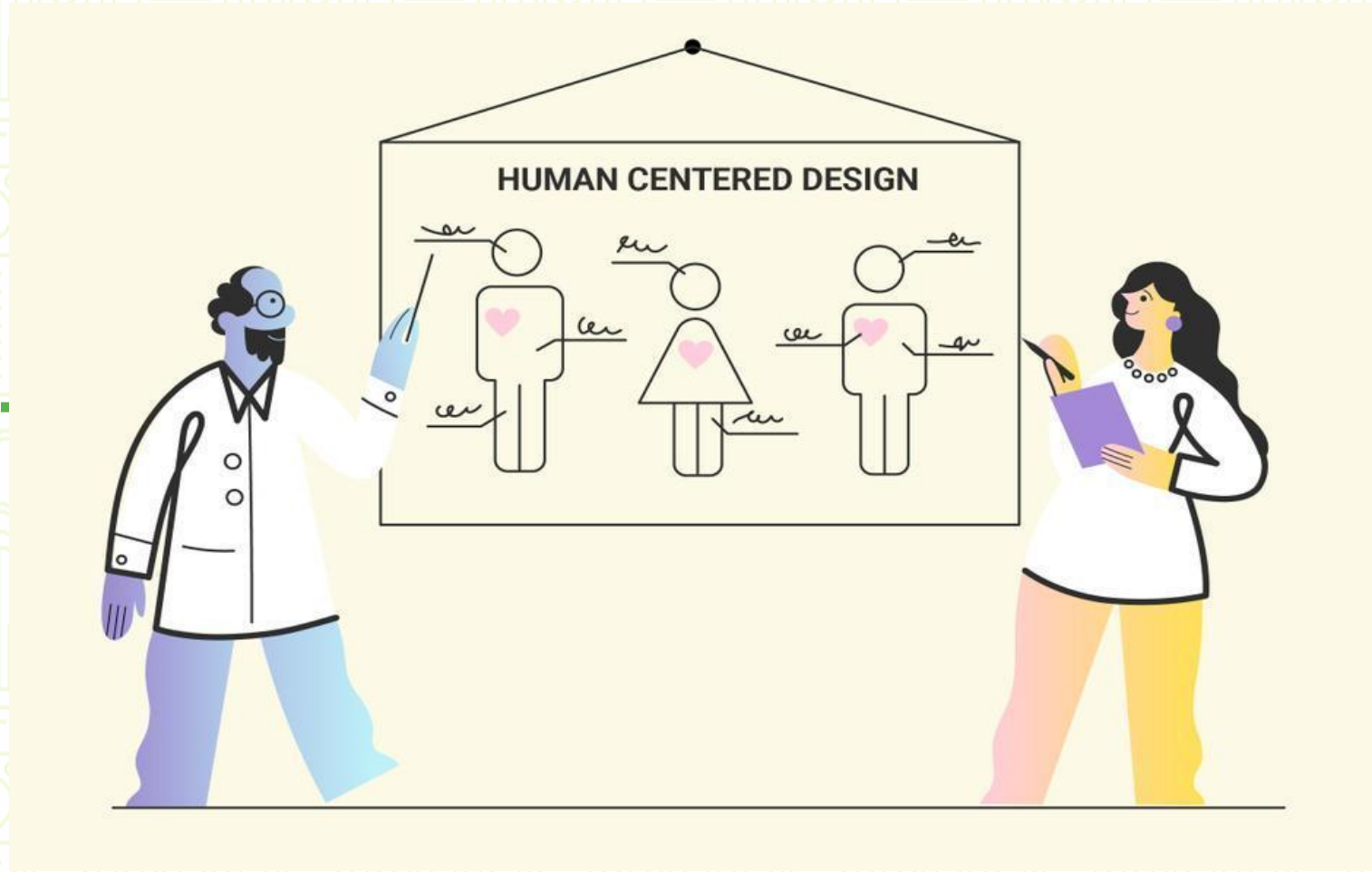
September 2026

GABBY HEADRICK, PHD, MSPH, RDN
JAIME HANSEN, MPA
PRIYA FIELDING-SINGH, PHD



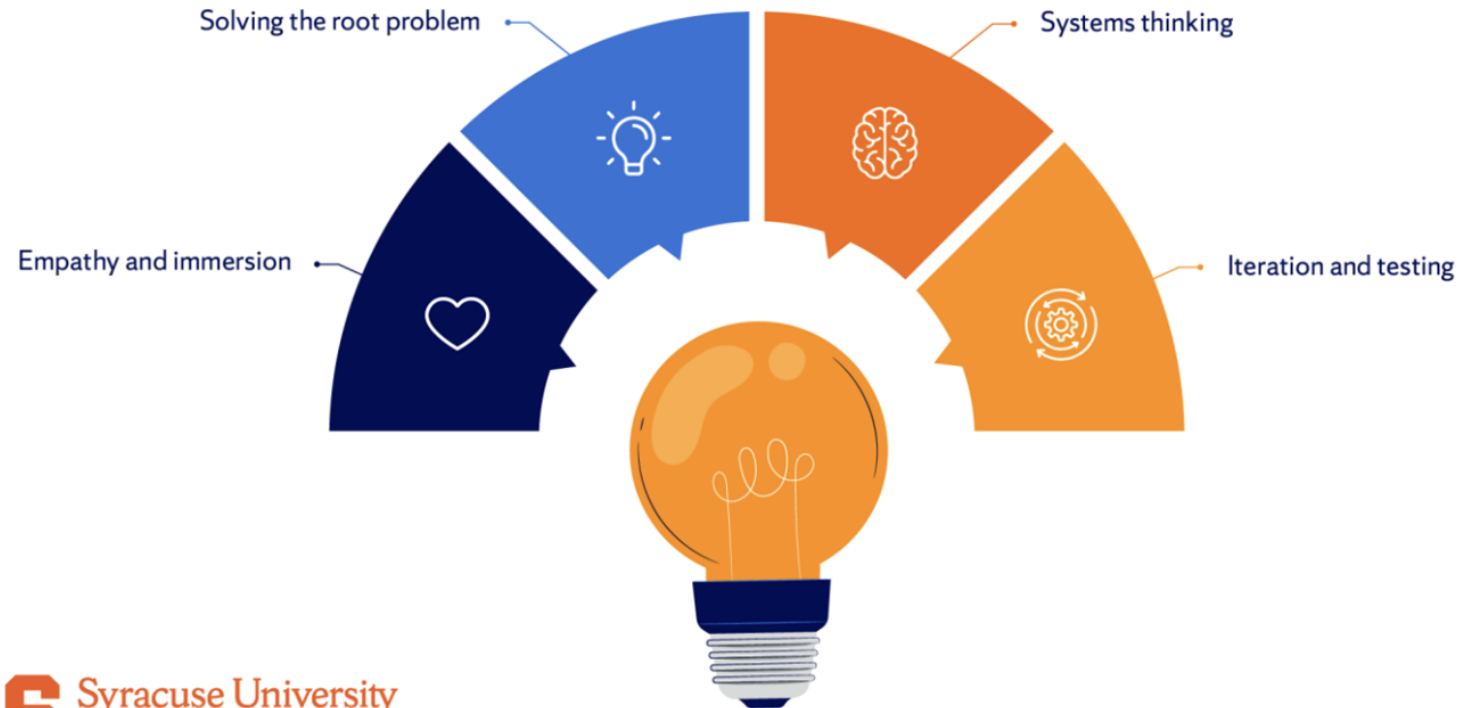
Global Food Institute
THE GEORGE WASHINGTON UNIVERSITY

What is Human-Centered Design?



Centering the Human Experience

Foundational Principles of Human-Centered Design



Implement

How do we scale for the best reach and impact?

What is needed to promote sustainability?

What is working well? What is a challenge?



Discovery

What is the problem?

What is the context in which we are solving this problem?

Design

What do we need to build to address what we discovered?

What solutions should we pilot?

Before the Workshop



Before the Workshop

Question

What challenge are we opening up?



Before the Workshop



Question

What challenge are we opening up?

People

Whose experience belongs in the room?

Before the Workshop



Question

What challenge are we opening up?

People

Whose experience belongs in the room?

Personas

Who experiences it differently?

Before the Workshop



Question

What challenge are we opening up?

People

Whose experience belongs in the room?

Personas

Who experiences it differently?

Enablers

Who could change the conditions?

A vertical green bar on the left side of the slide, featuring a repeating pattern of white line-art icons representing various kitchen items: plates, bowls, spoons, forks, knives, and calculators.

During the Workshop

Generate a creative matrix



During the Workshop

Generate a creative matrix

Prioritize impact x difficulty



During the Workshop

Generate a creative matrix

Prioritize impact x difficulty

Develop a pitch template

During the Workshop

Generate a creative matrix

Prioritize impact x difficulty

Develop a pitch template

FIGURE 1:
Creative Matrix

A strong guiding question is specific enough to generate concrete ideas, but broad enough to allow creative responses. It should invite solutions, not diagnoses.

Guiding Question	Persona 1 + Sub-prompt	Persona 2 + Sub-prompt	Persona 3 + Sub-prompt	Persona 4 + Sub-prompt
Enabler 1 + Sub-prompt				
Enabler 2 + Sub-prompt				
Enabler 3 + Sub-prompt				
Enabler 4 + Sub-prompt				

Personas should be specific enough to surface real design tensions. Each should be paired with a sub-prompt that names the specific design challenge it presents.

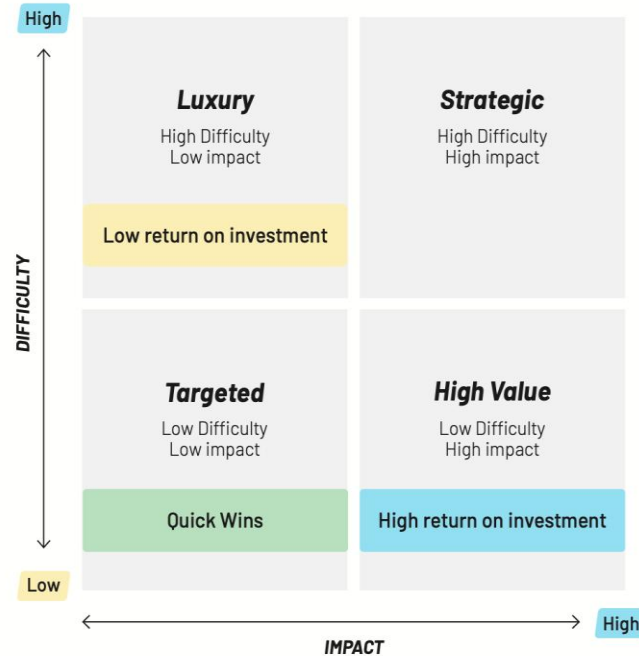
Each row represents a category of resource, system, or lever that could be used to address the problem.

During the Workshop

Generate a creative matrix

Prioritize impact x difficulty

Develop a pitch template



During the Workshop

Generate a creative matrix

Prioritize impact x difficulty

Develop a pitch template

WHAT IS THE NAME OF YOUR BOLD SOLUTION? _____	
SHORT SUMMARY OF THE IDEA _____ _____ _____	WHO ARE THE STAKEHOLDERS NEEDED? _____ _____ _____
WHAT RESOURCES DO YOU NEED? _____ _____ _____	WHAT IS YOUR TIMELINE? _____ _____ _____
WHAT FEATURES AND BENEFITS DOES THE CONCEPT HAVE? _____ _____ _____ _____ _____	SKETCH OR DIAGRAM



STUDENT-GENERATED SOLUTIONS TO CAMPUS FOOD INSECURITY

**FINDINGS FROM THE 2026 SWIPE OUT HUNGER STUDENT SUMMIT
BOSTON, MASSACHUSETTS | AUGUST 2026**

BY GABBY HEADRICK, PHD, MSPH, RDN; JAIME HANSEN, MPA; PRIYA FIELDING-SINGH, PHD

SWIPE OUT HUNGER
STUDENT HUNGER IS REAL. WE CAN HELP END IT.

Global Food Institute
THE GEORGE WASHINGTON UNIVERSITY

Group One

Student Meal Plan Scholarship

Group Two

**Center for Student Access and
Belonging**

Group 3

**Student Retention Optimization
Committee**

What is your Guiding Question?



What is your Guiding Question?

Example: How can we best address unmet essential food needs on college campuses?



Think, Pair, Share: What could a guiding question be for your campus?



Who should be at the table?



Who should be at the table?

Facilitators: Who will convene and lead the design session?



Who should be at the table?

Facilitators: Who will convene and lead the design session?

Participants: Who will provide lived experience and institutional expertise throughout the design process?



Who should be at the table?

Facilitators: Who will convene and lead the design session?

Participants: Who will provide lived experience and institutional expertise throughout the design process?

Implementers: Who do you need support from to implement?

Who are your Personas? Who are your Enablers?

FIGURE 1:
Creative Matrix

Guiding Question	Persona 1 + Sub-prompt	Persona 2 + Sub-prompt	Persona 3 + Sub-prompt	Persona 4 + Sub-prompt
Enabler 1 + Sub-prompt				
Enabler 2 + Sub-prompt				
Enabler 3 + Sub-prompt				
Enabler 4 + Sub-prompt				

A strong guiding question is specific enough to generate concrete ideas, but broad enough to allow creative responses. It should invite solutions, not diagnoses. 💡

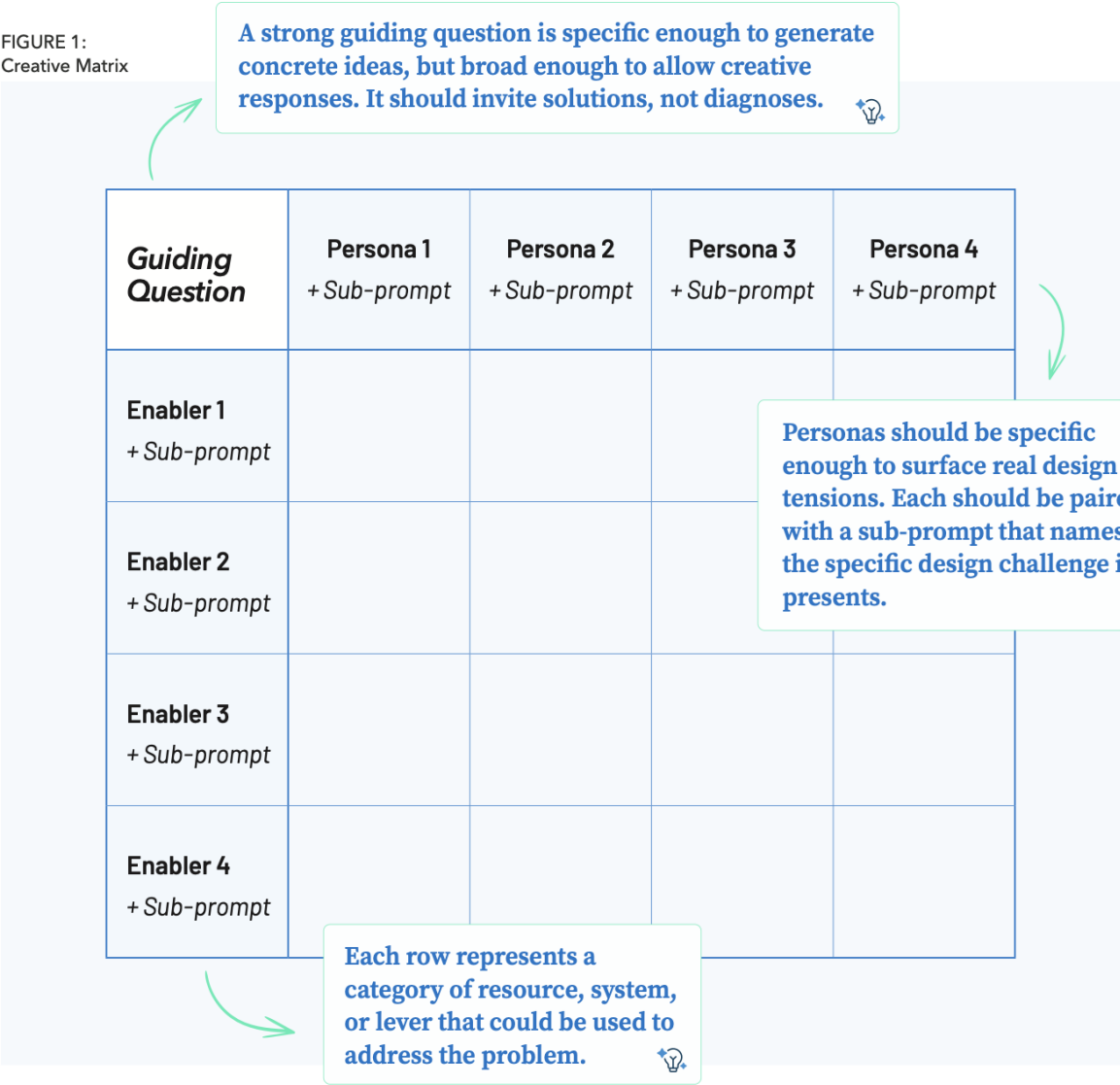
Personas should be specific enough to surface real design tensions. Each should be paired with a sub-prompt that names the specific design challenge it presents. 💡

Each row represents a category of resource, system, or lever that could be used to address the problem. 💡

Who are your Personas? Who are your Enablers?

How can we best address
unmet essential food needs
on college campuses?

FIGURE 1:
Creative Matrix



The diagram shows a 5x5 grid. The first row is the header with 'Guiding Question' and four personas. The next four rows are labeled 'Enabler 1' through 'Enabler 4'. Three callout boxes provide instructions: one for the guiding question, one for the personas, and one for the enablers. Green arrows point from the callouts to their respective parts of the matrix.

Guiding Question	Persona 1 + Sub-prompt	Persona 2 + Sub-prompt	Persona 3 + Sub-prompt	Persona 4 + Sub-prompt
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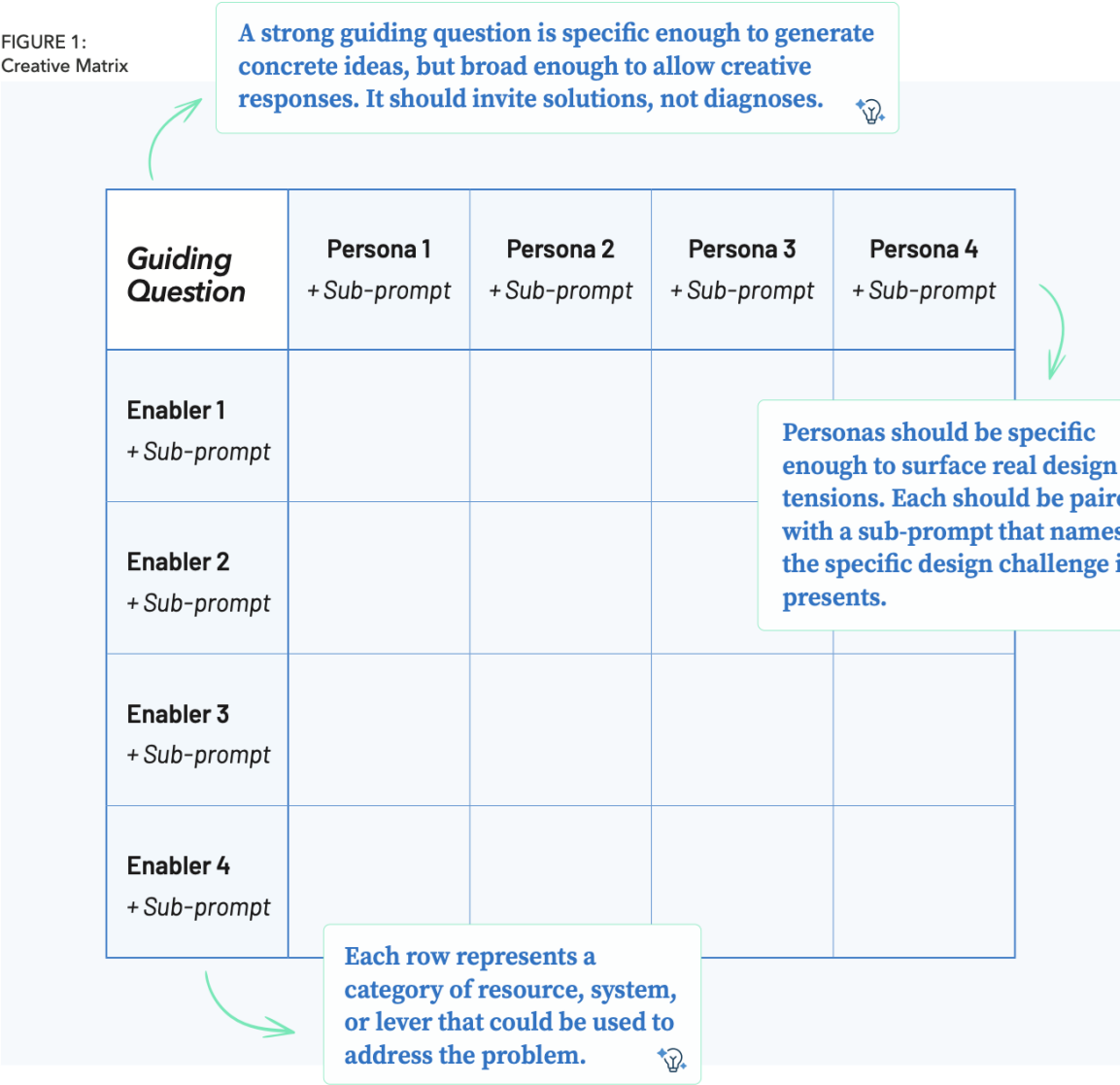
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Who are your Personas? Who are your Enablers?

How can we best address
unmet essential food needs
on college campuses?

A student working two jobs:
*What solutions would work for a student with
limited time and an unpredictable schedule?*

FIGURE 1:
Creative Matrix



The diagram shows a Creative Matrix table with four callout boxes. A green arrow points from the top callout to the 'Guiding Question' column. Another green arrow points from the bottom callout to the 'Enabler 4' row. A third green arrow points from the right callout to the 'Persona 4' column.

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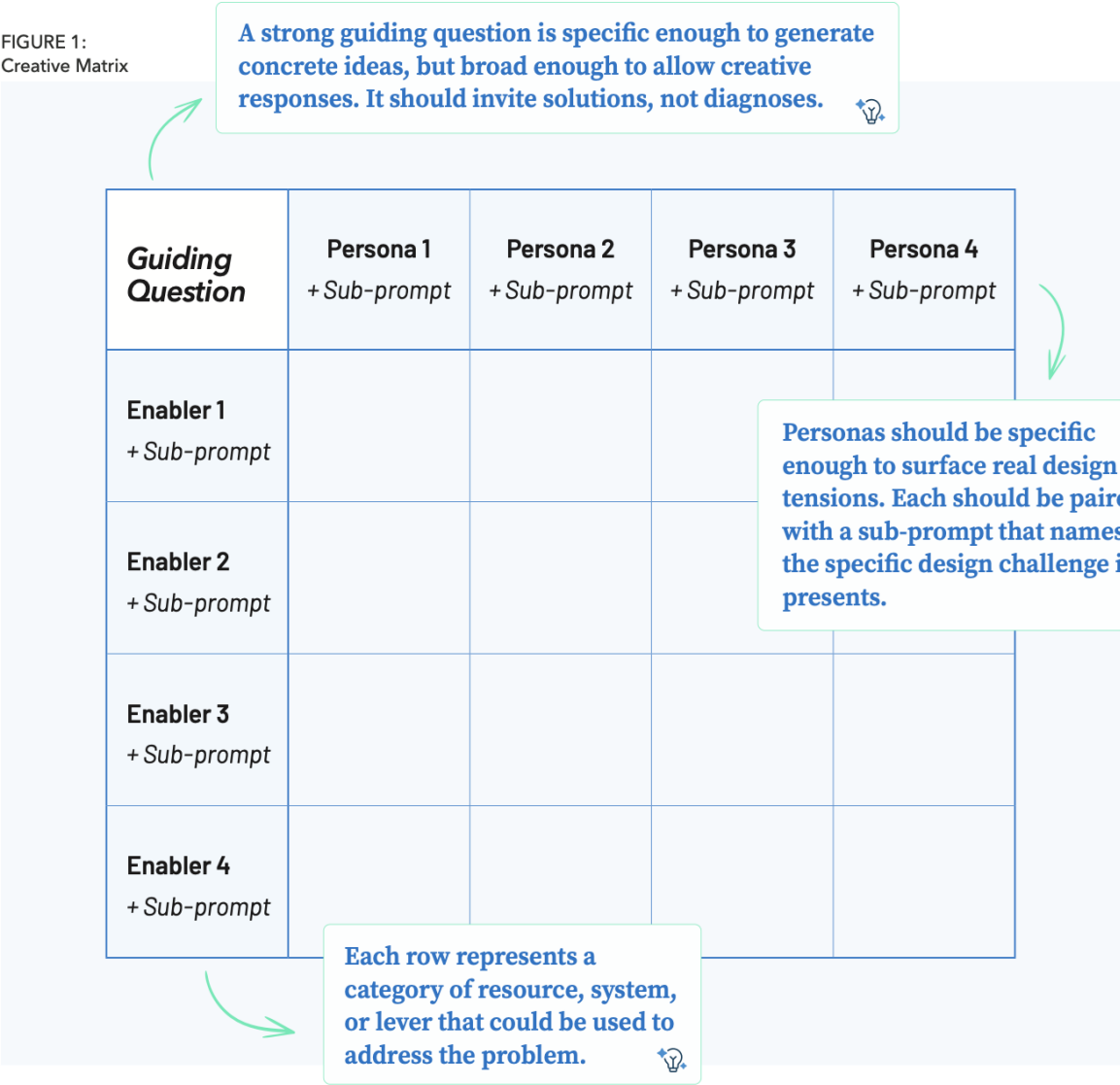
Who are your Personas? Who are your Enablers?

How can we best address
unmet essential food needs
on college campuses?

A student working two jobs:
*What solutions would work for a student with
limited time and an unpredictable schedule?*

Campus dining systems:
*How might dining halls, meals plans, or campus
food vendors be used differently?*

FIGURE 1:
Creative Matrix



The diagram shows a Creative Matrix table with four callout boxes. A green arrow points from the top callout to the 'Guiding Question' column. Another green arrow points from the bottom callout to the 'Enabler 4' row. A third green arrow points from the right callout to the 'Persona 4' column.

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Each row represents a category of resource, system, or lever that could be used to address the problem. 💡

Reflections from the Swipe Out Hunger Student Summit

Strengths

- Diversity of voices and experiences
- Iterating and prioritizing as a group
- Developing solutions that are outside of traditional systems

Challenges to Consider when Planning

- Multiple steps in quick time
- Inclusion of quieter voices
- Clear note taking and documentation





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Thank you!

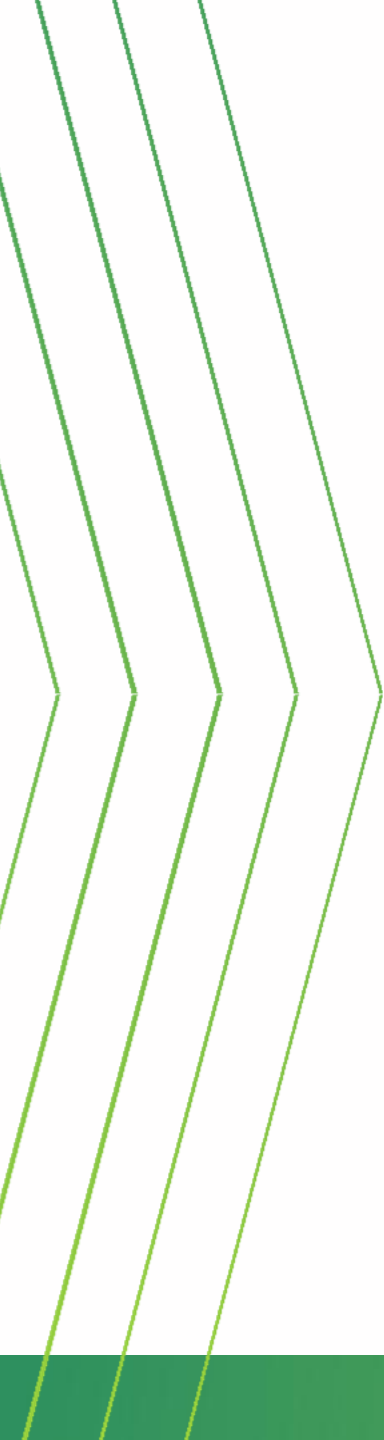




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Fueling Solutions: Student Powered Advocacy

Swipe Out Hunger | Zoe Duffield



» Agenda

1. Introduction to Swipe Out Hunger

- Who is Swipe Out Hunger
- How we tackle college student food insecurity on and off campus

2. Setting the Stage - College Student Hunger

- Who is a traditional college student?
- Why are college students going hungry?

3. Fueling Solutions - Hunger Free Campus

- The Hunger Free Campus Bill
- Hunger Free Campus is Virginia, Maryland and DC

4. Federal and State Challenges to Anti-Hunger Policy

- Group brainstorming: Developing strategies to end student hunger

Introduction



ZOE DUFFIELD

Director of Advocacy



Who we are

Swipe Out Hunger is the national nonprofit powering the movement to end college student hunger. We collaborate with colleges, legislators, and the greater community to **address student food insecurity across 900+ campuses** throughout North America.



SWIPE OUT HUNGER

STUDENT HUNGER IS REAL. WE CAN HELP END IT.

Championing
Solutions

Building an Active
Network

Evolving the
Narrative

2

Understanding College Student Food Insecurity



The modern learner and basic needs on campus

Who is a “Traditional” College Student?

Modern Learners



- The average age of students is **26**
- **40%** of those are over 35
- Most are not first-time students
- **Half** are the first in their families to attend college
- **1 in 5** are raising children
- **80%** are working in addition to going to school



Why are College Students Hungry?

Ineligible for Federal Assistance Programs

 **SNAP (Supplemental Nutrition Assistance Program) Restrictions:** Strict eligibility criteria, like having to work a certain number of hours per week or having a meal plan that is more than 11 meals a week.

Limited Income and Employment

 **Low-paid or part time work:** Many students rely on low-paid, part-time jobs. Balancing schoolwork with part-time work often limits their ability to work more hours.

Financial Aid Gaps: Aid is prioritized to pay for tuition, leaving students to cover food and basic needs.

Rising Costs of Higher Ed

 **Tuition and Fees:** Costs have risen significantly, forcing students to divert much of their income toward education costs, leaving less money for basic needs like food.

Housing Costs: Housing costs have also risen significantly in the past decade, reducing a student's budget for food, utilities, and other living expenses.

Culture of Student Hunger

 **Rite of Passage:** Many stakeholders (administrators, legislators, etc.) describe student hunger as “expected” and a “rite of passage” in higher education. Some believe that, because they experienced it, others should as well.

Not on Our Campus: Hunger among students is just starting to be tracked and reported. A lack of consistent data is making it harder to assess the full scale of the problem. We cannot fix what we do not measure!

Basic Essentials Insecurity and Identity



"Students who have children are struggling to focus on school. Childcare is extremely unaffordable. If we pay for childcare, we are struggling to pay for other essential things like electric bills, food, and rent."

- Student in Maryland

44% of students reported **high** levels of food insecurity

62% of students attending an MSI reported food and/or insecurity

3 in 4 Indigenous and Black students experience basic needs insecurity; **1 in 4** Indigenous students experienced homelessness



The background features a repeating pattern of various food-related icons in a light green color, including plates, bowls, forks, knives, spoons, and fruits. On the left side, there is a large, dark green geometric shape that resembles a stylized leaf or a folded piece of paper.

3

Fueling Solutions : Advocacy and Policy

Hunger Free Campus

Building a Sustainable Movement

Grassroots Activism:

We know that non-profits like Swipe Out Hunger can only provide a part of the solution. Policy solutions can lead to more long-term/sustainable resources that serve generations of students

Coalition Building:

Being mindful of the key players for change - students, partners, legislators, admin etc - is essential for successful advocacy

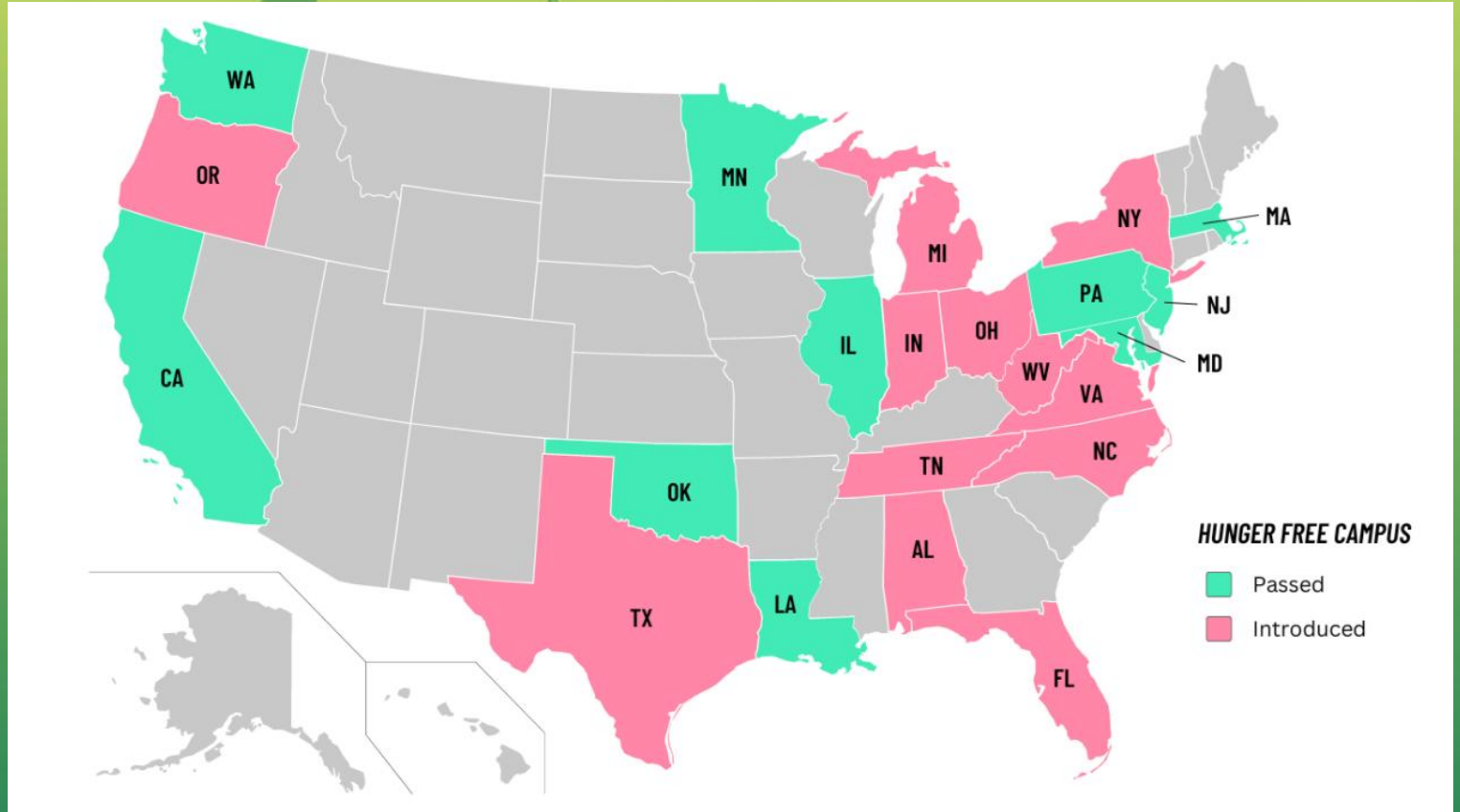
Uplifting current programs:

Many institutions and even legislators are working hard to champion this issue. We never want to reinvent the wheel but rather uplift, support and adjust existing systems where possible

Hunger Free Campus

Passed or refunded HFC:

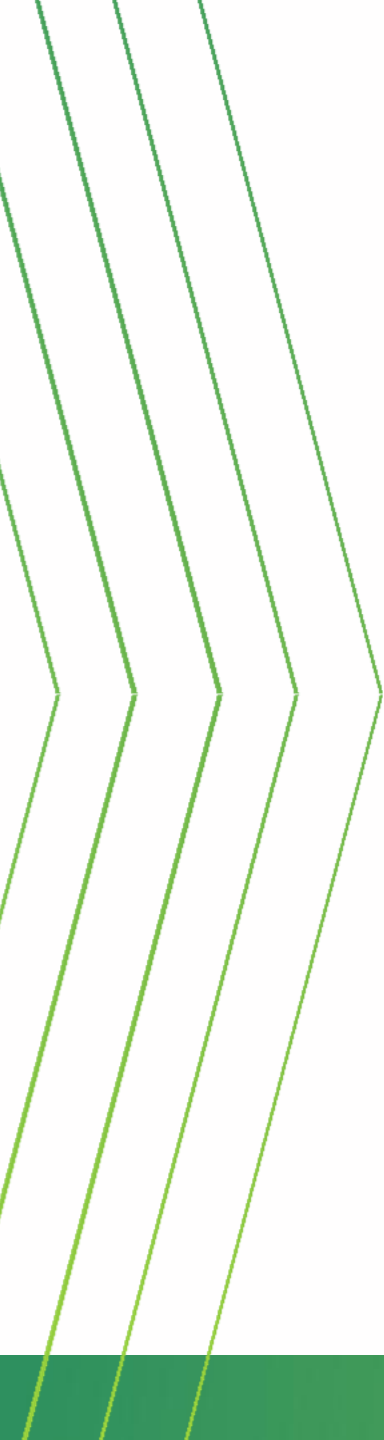
- Illinois - \$0 (2023)
- California: \$310,000,000
- New Jersey: \$6,400,000
- Pennsylvania: \$4,000,000
- Massachusetts: \$2,000,000
- Michigan: \$1,000,000
- Minnesota: \$2,200,000
- Maryland: \$600,000
- Virginia: \$500,000
- Louisiana: \$400,000
- Oklahoma: \$200,000



Anti-Hunger Landscape

- Who is leading the way?
- What anti-hunger policy like Hunger Free Campus is being passed in Maryland, DC, and Virginia?
- What does the movement look like now?





Maryland

❖ **Hunger Free Campus:**

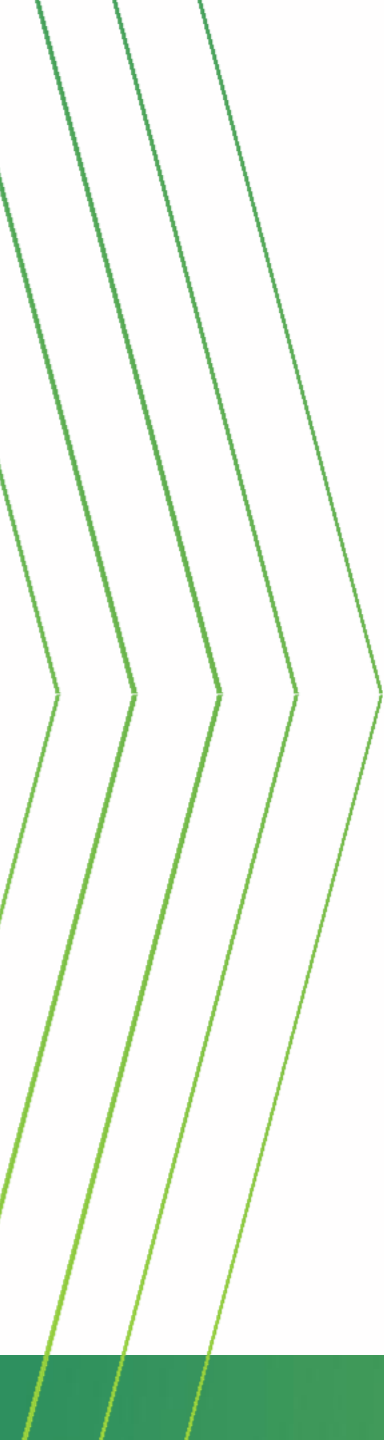
- Hunger-Free Campus bill passed in 2019
- To be eligible for funding, Maryland public institutions of higher education and regional higher education centers must (1) be designated as a hunger-free campus AND (2) pledge a matching contribution to be used to implement the goals of the program.
- For FY27, the program saw a 66/67% increase - from \$150,000 to \$250,000

❖ **Key Players to Success:**

- Maryland Hunger Solutions
- Maryland Higher Education Commission

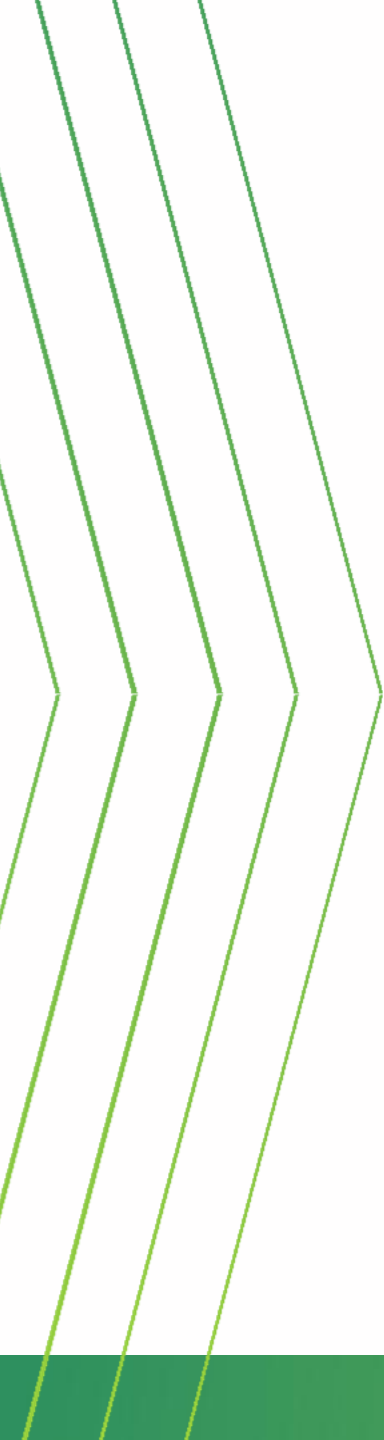
❖ **Campaign Building Efforts**

- Student testimony to legislators
- Data tracking and food-insecurity studies



DC

- ❖ **Campus policy and Advocacy:**
 - The Store: George Washington University operates The Store, an on-campus food pantry run for students in need
 - Campus Food Banks: Other Universities like American University, Howard University, and the University of the District of Columbia offer food pantries or emergency meal distributions
 - Student Recovery Groups: Student groups like the Food Recovery Network at American University collect extra dining hall food and donate it to local shelters or pantries
- ❖ **Key Players to Success:**
 - College student leaders and organizations
 - University admin and faculty
- ❖ **Paths to policy:**
 - Campus resolutions



► Virginia

❖ Hunger Free Campus:

- Hunger-Free Campus bill passed in 2025
- In early 2026, SCHEV awarded grants ranging from roughly \$5,900 to nearly \$15,000 to 48 participating institutions based on Pell Grant enrollment numbers

❖ Key Players to Success:

- State Council for Higher Education in Virginia
- Student governments, organizations and individual leaders

❖ Campaign Building Efforts

- Students organized a statewide lobby day to speak directly with decision makers on the funding for Hunger Free Campus
- Data and testimony gathered by students and partners pushed SCHEV to release a college student food insecurity study bill

How College Students are Leading the Way:

What is possible when campuses, nonprofits, government agencies, and community partners work together?



The background features a repeating pattern of yellow line-art icons on a light green background. The icons include kitchen items like plates, forks, knives, spoons, and calculators, as well as school-related items like pencils, rulers, and erasers. A large, solid green triangle is positioned on the left side of the slide, pointing towards the center.

4

Federal and State Challenges

What we're seeing and what it means

The Shifting Landscape

- **The future of college student hunger solutions needs to address the challenges we're seeing at the federal level**
 - a. Whether it's cuts to funding, program rollbacks, changes in tracking and reporting, or accessibility - policy and advocacy solutions must meet the students' needs where they are
- **Protecting current programs will be just as big a priority as adding new ones (ex. NJ and MI funding cuts)**
 - a. In addition to identifying opportunities to introduce new solutions, it will be more important than ever to protect existing programs that are still creating impact for students

Developing Strategies to End Student Hunger

Spotlighting the need

📌 Opportunities to educate fellow peers on the issue of food insecurity - utilizing current programs to assess the barriers and needs

Campaign building

📌 Identifying key change-makers, such as campus administration, community partners and legislative champions

Coalitions

📌 Collaborating across campuses to share resources and echo current needs to establish a strong base of support

Campus to State

📌 Testifying at the state level with data and storytelling - highlighting the need to prioritize solutions at the state level





THE REGIONAL
**COLLEGE
HUNGER**
CONFERENCE

Thank you!

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Student Spotlight



**Sophia Lindsay,
MPH Student,
The George Washington University
Milken Institute**

Closing Remarks



**Andrew Flagel,
President & CEO, Consortium of
Universities of the Metropolitan
Washington Area**

Thank you!
Please complete the conference survey

